



SPIRIT TIMES

Whiteman Air Force Base, Mo.

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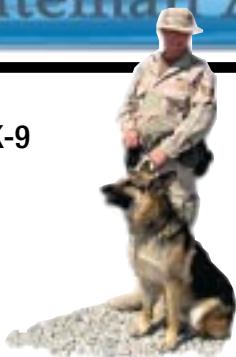
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Combined Federal Campaign kicks off

By Capt. Melissa Bailey
509th Mission Support Squadron
and Lt. Craig Towlson
509th Operations Support Squadron

The annual Combined Federal Campaign will kick-off with a 5K Run 3:30 p.m. Wednesday at Skelton Park. You can register for \$5 with the base gym or contact your unit CFC representative. The top three male and female finishers will receive medals.

The CFC begins Oct. 12 and ends Nov. 23. The wing's goal this year is to raise \$146,570. The CFC is the only authorized solicitation of employees in the federal workplace on behalf of charitable organizations.

The annual fundraising campaign helps to support a variety of health, human and other services provided by more than 2,000 charitable agencies.

The CFC catalog lists charita-

ble organizations ranging from the American Red Cross to the Young Men's Christian Association of America and is available at the CFC website, www.heartlandcfc.org.

This single campaign is the most cost-efficient fundraising method. It succeeds because volunteers from the federal workforce combine their resources for one coordinated appeal.

Whiteman members can

choose to donate either thru a one time gift or a monthly payroll deduction. After submitting a completed pledge card, donors are automatically entered to win a Caribbean cruise getaway for two.

This year's base representatives are Capt. Melissa Bailey, 509th Mission Support Squadron, and Lt. Craig Towlson, 509th Operations Support Squadron.

Your unit's CFC representative

Fast Facts

Participants who register up until the day of the race will be entered into a raffle drawing at the conclusion of the race. Prizes include an MP3 Player, wooden B-2 keepsake box, AAFES gift bags, pedometer and more.

will begin distributing catalogs and donation cards around Wednesday.

See **CFC**, Page 10

Small bombs pack big punch

By Capt. Louis Ruscetta
Miniature Munitions Support Group

EGLIN AIR FORCE BASE, Fla.—19! 23! 35! 37! 20! No, that's not a football audible at the line of scrimmage, but the accomplishments of the Small Diameter Bomb Program: the number of months, 19, from the system design and development contract award to the first production contract award; the number of months, 23, from development award to the start of operational test; the number of successful weapon drops, 35, in the number of tests, 37; and the design life of system hardware in years, 20, for the small-diameter bomb weapon system.

The small-diameter bomb is a 250-pound class munition, providing the warfighter an increase in weapons per aircraft station. It can penetrate more than 13 feet into a target and can be accurate from up to 70 miles away.

The bombs are delivered in single, reusable aluminum weapon containers or loaded on a miniature munitions carriage. It also gives the pilot the ability to simultaneously drop multiple bombs at multiple targets, while significantly reducing collateral damage.

Maj. Gen. Robert W. Chedister, weapons program executive officer and Air Armament Center commander at Eglin Air Force Base, Fla., certified the bomb ready to enter operational test and evaluation Sept. 20.

"This certification culminates a year of unprecedented developmental test success and is a testament to the talents and spirit of Team Eglin," said Thomas Robillard, Air-to-Ground Munitions Systems Wing director.

The Air Force plans to deploy the SDB system by 2006 on the F-15E, followed by deployment on several other aircraft, including the F/A-22, joint strike fighter, F-16, unmanned combat air vehicles, and the B-2 Bomber.

The B-2 currently can be configured to carry up to 80 500-pound Joint-Direct Attack Munitions. With the SDBs, the B-2 is projected to carry 160-240 precision bombs on one mission.

"The ability to carry more munitions in each mission will increase the B-2's already impressive performance," Lt. Col. Christopher Harness, 72nd Test and Evaluation Squadron commander, said.



U.S. Air Force Photos

WHITE SANDS MISSILE RANGE, N.M.—A small diameter bomb hits its target, an A-7 Corsair, after smashing through a simulated bunker during a live bomb test. The SDB is a 250-pound class munition that will enable aircraft to carry more precision munitions. It can penetrate more than 13 feet in a target and can be accurate from up to 70 miles away.

The SDB is half the weight of the smallest bomb the Air Force uses today, the 500-pound Mark 82.

The SDB uses a 250 pound class warhead that has demonstrated penetration of more than 6 feet of reinforced concrete. Utilizing a smaller weapon enables aircraft to carry more munitions and will increase each mission effec-

tiveness.

"Another benefit of using smaller munitions is that its size and accuracy will allow targets to be hit with less collateral damage," Master Sgt. David Gillingham, 509th Munitions Squadron, said. (*Airman 1st Class Jason Burton contributed to the story.*)

SPIRIT TIMES
Whiteman Air Force Base, Mo.

Editorial Staff

Brig. Gen. Chris Miller.....509th Bomb Wing commander
Maj. Joe DellaVedova.....Chief, Public Affairs
2nd Lt. Candace Cutrufo.....OIC, Internal Information
Staff Sgt. Neo Martin.....NCOIC Internal Information
Airman 1st Class Jason Burton.....Editor

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 6530

Air Force Quiz

What is Article I of the Articles of the Code of Conduct?
(See answer below)

9er Line

Dial 687-3119 or e-mail
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work.

Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7

Call the Whiteman Help Hotline:
866-395-4357

I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

Air Force quiz answer

New first impressions

By Col. Eric Single

509th Bomb Wing Vice commander

I've always considered myself a relatively observant man. My wife, on the other hand, has often said that she could paint the house purple and I'd never notice.

Sometimes when you work and live somewhere for a long period of time, you tend to overlook many of the details you pass by every day.

That's why I have always challenged new Airmen to look around the organization and point out things that could be done better, safer or more efficiently. A new set of eyes can often see things that everyone else misses.

Well, now I'm the new Airman, and after a few weeks in the 509th there are some things that I have already noticed.

After a five-year absence from Whiteman, I didn't know what to expect when I drove back through the gates.

What I found was pleasantly surprising. From the first salute I received at the front gate, through a host of in-processing appointments, and during initial introductions to the rest of the Whiteman team, I have been consistently impressed by the sharp professionalism and willingness to help exhibited by people at every level.

I have had the opportunity to rekindle friendships with many former acquaintances who are either still here, or are back from an interim assignment; and I have met a number of new and very talented Airmen. All are motivated and dedicated to making the Whiteman mission successful.

On the rare occasion that I ran across something that didn't go exactly as planned, I found our Airmen to be proactive and eager to remedy the situation. People here aren't afraid to think out loud or propose new and better ways of doing things; teamwork and initiative abound.

Over the past four weeks, I have watched closely as the wing successfully closed out an aggressive annual flying program, and then participated in a joint celebration enjoyed by maintainers, aviators, and support personnel alike.

I've read through glowing post-inspection reports and post-deployment lessons learned. I've observed a highly successful fiscal year financial closeout where preparation and vision enabled the execution of millions of dollars of "fall-out" money to improve both mission effectiveness and quality of life.

My wife and I had the honor of attending

a superbly planned and executed military ball in honor of our Service's birthday. And I have seen many initiatives that were only dreams five years ago up and running in our day-to-day operations.

Above all, I have been impressed by the people I have met. The initiative and spirit that I have seen here in my first month speaks volumes about the quality of people working and living within our gates. It's little wonder that Whiteman is one of Air Combat Command's premier bases.

As first impressions go, you have left me with a great one! I look forward to working with each and every one of you as part of the Whiteman Team!



Col. Eric Single took office as the 509th Bomb Wing vice commander Sept. 19.

Our culture and sexual assault

by Lt. Col. Christopher Harness

72nd Test and Evaluation Squadron commander

Last week when the 72nd Test and Evaluation Squadron gathered to watch the mandatory video on sexual assault, I was struck by the staggering fact that one in three women has been assaulted in some form or fashion ... in the Air Force. What's more, our rate is higher than the civilian population.

My first reaction was one of anger. There is no excuse for gentlemen acting like animals prowling for a Friday night "kill." Although I still believe there is no excuse for this behavior, I put myself in the shoes of an 18-year-old today and realized just how hard it is not to have that kind of attitude growing up in today's culture.

Now I'm knowingly going to date myself. As a 40-year-old man, I have the advantage of hindsight and perspective. If you are young, use my perspective as some artificial experience. If you are a supervisor, use it to understand where your young airmen are coming from. One thing is sure; how a person sees the world is shaded by the colored lens of their past experiences and environment.

I remember when MTV played music. No, really. There were video

jockeys and their job was to introduce the next video. The videos had the band playing their song.

That got boring so they had directors create little vignettes that they could play their song around. Fleetwood Mac had some interesting ones if I remember correctly. Around that time, the rendition of "Addicted to Love" by Robert Palmer was considered very risqué.

Now, when I turn on MTV (and I recommend everyone take 15 minutes to do exactly that so you can better understand) I know that the music is no longer the priority. There are more "reality" shows than there are videos. When they do have videos, I'll conservatively say they are sexually "provocative." The message they are sending is being heard loud and clear by its audience. Twenty years can make a big difference!

Who here believes that "Desperate Housewives" is real? I mean does anyone really think that is how women act. Please don't think that I am singling out individual shows as evil or immoral.

What I am trying to share in a very short amount of time is that culture has a lot to do with how we think about the opposite sex. An effective talk about "the birds and the bees" from parents

can only go so far.

One of the ways we learn about relationships is by taking clues from our culture. If you see contorted relationships long enough, you begin to believe at least a part of it is true. Our young airmen have seen that quite a bit.

Let me end this article by sharing what my wing commander, Col. William Coutts, 53rd Wing commander, says about sexual assault.

First, be a gentleman. Second, no always means no. Lastly, don't do anything to your date you wouldn't want someone to do to your sister. Which makes me wonder, who would want their sister to be on one of those MTV videos?

Ladies, be ladies. Second, control your environment. That means avoid situations where sexual assault could occur. One example could be not to accept a ride home from someone you have just recently met at the bar.

Lastly, be sure you have a wingman when you push it up to help you control your environment when your judgment is affected.

I began the video feeling anger but as I thought about the problem and how systemic it has become, I began to feel a bit sad. Our culture has shaped our perceptions on relationships between the sexes and we are reaping what we sowed.

Airmen awarded Army medals

Reservists' cross-service cooperation earns rare honor

By Maj. David Kurle
442nd Fighter Wing Public Affairs

Two of the 303rd Fighter Squadron's intelligence specialists were awarded achievement medals recently, which may not be particularly newsworthy, unless you consider that these were Army achievement medals.

Capt. David Casler and Senior Master Sgt. Jonathan Lowe received the medals for assisting the 1st of the 135th Aviation Battalion, Missouri National Guard, in developing their own intelligence programs to assist aviators flying the unit's AH-64, Apache attack helicopters.

"They had some inspections coming up and going through all their stuff, they saw that they had some programs that were behind and asked us if we could help them out and provide whatever support we could," Captain Casler said. "We were more accessible than the 509th Bomb Wing because we're right next door to them."

"There's no way to describe how immense their contributions have been," said Army Chief Warrant Officer James Nix, an instructor pilot with the 1st of the 135th. "They have always come through for us."

The two air reserve technicians assisted in four areas, Chief Warrant Officer Nix said. They helped to train Guard intelligence specialists, to identify threats, tactics and create an isolated personnel, program to help rescue downed aircrew members.

"Since we do not have a full-time intelligence asset, they have essentially trained all of our part-time intelligence personnel," he said. "Basically, they've been integrated into the Army."

The two 442nd citizen Airmen are modest about their accomplishments and expressed their willingness to help in this joint



Photo by Staff Sgt. Angela Blazier

Capt. David Casler and Senior Master Sgt. Jonathan Lowe, 303rd Fighter Squadron, received Army achievement medals for assisting the 1-135th Battalion, Missouri Army National Guard in developing intelligence programs.

endeavor in any way they could.

"The program we helped set up was a cross-service program," Sergeant Lowe said. "We mainly set it up the same way we run ours, which worked for them."

Pace: Becomes 1st Marine chairman of the JCS Vows to remember mission, servicemembers

By Jim Garamone
American Forces Press Service

WASHINGTON – Marine Gen. Peter Pace vowed today as he gives his best military advice to the president and other members of the National Security Council, he "will remember not only the mission, but the impact it will have on the lance corporals and the airmen and the lieutenants junior grade and the captains."

General Pace became the first Marine to serve as chairman of the Joint Chiefs of Staff during an Armed Forces "hail ceremony" here today. He succeeds Air Force Gen. Richard Myers, who swore him into office.

"We have a lot of work to do," General Pace said. "This moment in history is one where we have an enemy whose stated public intent is to destroy our way of life; 2.4 million American men and women in uniform say, 'Not on our watch.'"

Addressing the servicemembers attending and participating in the ceremonies, General Pace called upon them to continue the work done by those who went before them. "Generations and generations of American fighting servicemen and women have sacrificed and died that we might have the freedoms we enjoy today," he said. "And it is now our moment in history — you and I in uniform — to protect those freedoms for our children and our grandchildren — and protect them, we will."

General Pace thanked President Bush for his confidence in him and for the president's steadfast leadership and unwavering support for men and women in uniform. "Every single one of us in uniform knows that you are leading us and know that you are supporting us at the same time, and it makes a huge difference to each and every one of us," General Pace said.

The new chairman, who started his Marine career as a platoon leader in Vietnam at the Battle of Hue City, thanked the ceremonial troops who represent the 2.4 million members of the military. "It's a hundred degrees in Baghdad right now," he said. "We've got troops wearing flak jackets and helmets. It's 90 degrees in

Kabul. They're doing the same thing there. Your performance on this parade deck and their performance protecting us overseas is, quite simply, awesome."

President Bush said that he has come to know General Pace well during the general's service as vice chairman of the Joint Chiefs of Staff. "I appreciate his wisdom and commitment to serve, and I look forward to having Pete by my side in the years ahead," President Bush said.



Photo by R. D. Ward.

Chairman of the Joint Chiefs of Staff Gen. Peter Pace briefs reporters at the Pentagon, concerning the progress of on-going military operations against al-Qaeda and the Taliban in Afghanistan.

Congress chose him "because they knew him; they trusted him; they knew his courage; they knew his integrity."

"Today, when our nation's ideals are once again at stake, it's appropriate to once again chose a military leader for the same reasons," General Myers said.

"In my opinion, there's no finer officer in uniform anywhere in the world," he continued. "The president nominated him and the Senate confirmed him as chairman because they knew him, they trusted him, they knew his courage, and they knew his integrity."

News briefs

Lieutenant colonel selects announced

Carlos Camarillo,
509th Logistics Readiness Squadron
Joel Fortenberry,
509th Contracting Squadron
Daniel Manuel,
394th Combat Training Squadron

Captain selects announced

James Delph, 509th Aircraft Maintenance Squadron
Joseph Estrada, 509th LRS
Michael Fullmer, 509th LRS
Patrick Geml, 509th Medical Operations Squadron
Perry Goebel, 509th Munitions Squadron
Nathan Hogan, 72nd Test and Evaluation Squadron
Michael Horenziak, 509th MDOS
Eric Kerr, 509th MDOS
Joseph Knothe, 394th CTS
Jason Mayne, 509th Communications Squadron (inbound)
David Morlock, 509th CONS
Beth Robinson, 509th LRS
Daniel Tull, 509th Bomb Wing
Shannon Wagner, 13th Bomb Squadron
Brooks Walters, 394th CTS
Kevin Wells, 509th Comptrollers Squadron
Nicholas Zielinski, 509th Maintenance Group

ECHO provides special assistance

Extended Care Health Option is a new program that will provide financial assistance to eligible active-duty family members who have qualifying mental or physical disabilities. ECHO offers services and supplies beyond the basic TRICARE benefits covered in prime. For ECHO benefits the family member must be enrolled in the Exceptional Family Member Program. Cost shares for the program is based on your pay grade and after the cost share is paid TRICARE will pay up to \$2,500 per service.

For more information about ECHO benefits, eligibility requirements, just stop in at the TRICARE service center located in the base clinic. You can also call 1-800-874-9378, or visit www.tricare.osd.mil/echo.

Mandatory SARC training set

Airmen must attend a mandatory Sexual Assault Response Coordinator class at the base chapel by Nov. 1. The Air Force has developed the SARC program to help victims of sexual assault. Currently, the training is optional for civilians. The classes are broken down into male and female classes. Airmen should coordinate with their supervisors on a class date. Supervisors and flight chiefs must send their first sergeants one list of names, date and time each member in your section is scheduled to attend SARC training. For more information, call your first sergeant. Base chapel class dates:

- Oct. 11, 1 p.m.-2:30 p.m. for males
- Oct. 11, 2:30 p.m. – 4 p.m. for females
- Oct. 13, 1 p.m.-2:30 p.m. for males
- Oct. 13, 2:30 p.m. – 4 p.m. for females

Boo Bash volunteers needed

Volunteers are needed to help during the Boo Bash. A meeting will be held 1 p.m. Saturday at the community center to finalize ideas.

House of Nightmares returns

The second annual House of Nightmares will be held 6:30-10 p.m. Oct. 26-29 at 836 Marshall Street in base housing.

Admission is \$3 or a perishable/nonperishable donation. Proceeds will be donated to the Whiteman First Sergeants Group for the Thanksgiving food drive program. To volunteer as a House of Nightmares' actor or for more details, call Staff Sgt. Brad Calahan at 687-2929.

509th LRS welcomes new commander

Rank and Name: Maj. Carlos E. Camarillo
Squadron: 509th Logistics Readiness Squadron
Date assumed command: Oct. 4
Previous assignment: Student, Naval Postgraduate School, Monterey, Calif.
Time in service: 18 years
Commissioning source: ROTC, Angelo State University, Texas

Family: Spouse, Sarah. Five children: Kayla, 15; Jennifer, 12; David, 10; Audrey, 6; and Hannah, 4.
Hobbies/Interests: Participating and watching sports, reading, chasing after my kids.

How does the squadron contribute to the Air Force mission? The 509th LRS has a very diverse mission providing supply, transportation, plans, and fuels support to the 509th Bomb Wing and associate units.

Members of the squadron have deployed in various capacities supporting Operation Enduring Freedom and Operation Iraqi Freedom, and currently augments Army transportation units providing convoy support.

Command philosophy: The Air Force has it right with our Core Values — everything must start with integrity!

You should never have to explain yourself when you are doing the right things.

Goals for new position: I would like to see everyone in the unit succeed personally as well as professionally.

Winning awards and recognition are nice, but they mean little if it's at the detriment of our own personnel.

The Air Force is a great community that is capable of doing great things—if its people are willing to get involved! Our people are the ones that make LRS — Only the Best!



Photo by Airman 1st Class Lauren Padden

Col. Connie Davis, 509th Mission Support Group Commander hands the 509th LRS guidon to Maj. Carlos Camarillo during a change of command ceremony Tuesday

Extreme makeover, Whiteman style



Courtesy photo

SEDALIA — Whiteman Airmen volunteered to refurbish the rooftop of a Sedalia family's home Sept. 7-8. The Airmen who volunteered are Tech. Sgt. William Buckhalter, Staff Sgt. Trandon Walkins, Senior Airman Jeremy Arnold and airmen first class Nicholas Leuschen, Shane Marrinan and Rebecca Edwards. All are members of the 509th Maintenance Squadron.

Air Force conducts 2005 climate survey

The 2005 Air Force Climate Survey takes place now through Nov., 23.

The purpose of the survey is to provide feedback for leadership to use in improving their units.

The survey "taps the pulse" of the Air Force by soliciting feedback from those that make it work, including all Active Duty, Air Force Reserve, Air National Guard, appropriated and nonappropriated fund civilians.

■ The Air Force Climate Survey is directed by the Chief of Staff of the Air Force.

■ This is not a quality of life survey.

The Air Force Climate Survey does not solicit information or feedback about base facilities/functions, pay, benefits, etc.

■ The Air Force Climate Survey is not a unit climate assessment survey. The survey is Air Force wide and reports are generated at all levels. Unit climate assessments, in contrast, are conducted for specific units.

■ The 2005 Air Force Climate Survey will be easily accessible and user friendly. Through the survey, participants will be asked to evaluate factors that have the great-

est influence on their service including:

- ◆ General satisfaction core values
- ◆ Unit performance outcomes
- ◆ Recognition
- ◆ Teamwork
- ◆ Leadership
- ◆ Supervision
- ◆ Training and development
- ◆ Job enhancement
- ◆ The job
- ◆ Resources
- ◆ Participation/involvement
- ◆ Unit flexibility

■ The Air Force Climate Survey assesses factors that impact your work environment and provides you the opportunity to anonymously give feedback to your leaders about the health of your organization. Leadership uses the survey to measure and improve the overall climate of the unit.

■ The Air Force Climate Survey takes an average of 30 minutes to complete.

■ Responses will be a direct influence on leadership's creation of positive changes. "Speak Today, Shape Tomorrow."

CLIMATE SURVEY FAST FACTS

■ Can be accessed at <https://afclimatesurvey.af.mil>.

■ Unit points of contact have already been selected and trained.

■ All military and Department of Defense employees are encouraged to participate

■ Ends Nov., 23

ESOH CAMP 2005

Maintaining Environmental Stewardship

(Editor's note: The 509th Civil Engineer Squadron Environmental Office is available to answer questions 509ers may have about the internal Environmental Safety and Occupational Health Compliance Assessment Management Program Oct., 17-21.)

By Julie Fall

509th Civil Engineer Squadron

The Environmental Safety and Occupational Health Compliance Assessment and Management Program runs on an 18-month cycle to promote "environmental stewardship."

Environmental stewardship is taking responsibility for maintaining our air, water, and soil must for the survival of our planet, as well as for our comfort and enjoyment. As stewards of our environment we proactively look for ways to promote human health and safeguard the environment.

ESOH CAMP assesses how we comply with the regulations and guidance that help us reach our desired result of a clean and safe environment. As deficiencies are identified we are able to correct them and avoid costly regulatory enforcement actions.

In addition, we are able to provide a system for continued process improvement of how we care for our precious human and environmental resources.

During the period Oct., 17-21, the 2005 Internal ESOHCAMP assessment process will occur at Whiteman.

The assessment teams will be comprised of Whiteman personnel. To prepare the teams, process owners and volunteer assessors will meet for training and consultation in preparation for the "2005 Internal ESOHCAMP."

During these meetings, teams will be formed and roles and responsibilities identified. This team approach, allows for the identification of a deficiency and a system of follow up ensuring findings are promptly addressed and properly resolved.

We plan to utilize our internal assessment as an aggressive "kick-off" in preparation for our upcoming external ESOHCAMP which is tentatively scheduled for May 2006.

As always, we appreciate the professionalism each and every person on this base exudes. Thank you for your assistance and preparation in ensuring Whiteman will have the least findings in Air Combat Command.

For more details, call Julie Fall at 687-6402.

ESOH CAMP: HAZMAT FAST FACTS

A positive approach to limit hazardous material includes:

- Ensure each container is labeled with the contents.
- Inspect the storage locker for proper operation of locks, latches, stops and hinges.
- Don't store incompatibles together such as caustics with flammables, and don't store food items with hazardous chemicals.
- Inspect fire extinguishers monthly. Check for proper charge, if hoses are intact and that seals are attached.
- Inspect spill kits weekly to ensure that the necessary material is there.
- Know what is stored in flammable storage lockers and ensure you have the proper regulations.



Team members honored October

Team Whiteman recognized 87 promotees at a ceremony Monday at Mission's End. They are:



AIRMEN

James Hulett,
509th Aircraft Maintenance Squadron
Brandon Layton, Robert Amburgey, and Ryan Witherspoon,
509th Security Forces Squadron
Ahijah Adams VI,
509th Services Squadron



AIRMEN 1ST CLASS

Crystal Ruiz and Jason Tolliver,
13th Bomb Squadron
Lawrence Pickett,
393rd Bomb Squadron
Adam Tate,
509th AMXS
Brandon Turner and Jessica Anderson,
509th Maintenance Operations Squadron
Michael Burns and Nicholas Sheff,
509th Maintenance Squadron
Juan Vazquez-Garcia,
509th Medical Operations Squadron
Brandon Robbins, Brennon Wilkerson, Guillermo Torralva, Otto Yan and Tara Burton,
509th SFS
Teresa Lowery,
509th SVS



SENIOR AIRMEN

Alfredo Garcia, Bradley Buretz, Darin Stevenson, Djuan Johnson, Douglas Anthony, Michael Cooper Jr., Roger Sepaugh, Thomas Tabalanza and Walter Coston,
509th AMXS
Chane Bradshaw and William Chezem,
509th Civil Engineer Squadron
Matthew Speaks,
509th Communications Squadron
Cendy Mascrier and Corey Hendershot,
509 Logistics Readiness Squadron
Aaron Fritz, Daniel Pray, Jovanna Cabrera and Paris Jackson,
509th MXS
Ashley Barbe and Dale Maddox,
509th MDOS
Manuel Marrero,
509th Medical Support Squadron
Brandon Lines, Cody Scott, James Castro, Jeffrey Clarke, Marsciano Arnau and Thomas Nickel,
509th Munitions Squadron
Felicia Hollins, Shereka Mcracken and Steven Poettker,
509th Operations Support Squadron
Joshua Aaron Brainard, Brian Hackney, Brittany Daigre, Bryan Godfrey, Bryan Harrison, Eric Hammons, James Clark Jr., Justin Haynes and Robert Dotson,
509th SFS
Ebonee Lane,
509th SVS



STAFF SERGEANTS

James Williams and Justin Stier,
509th AMXS
Ayanaw Hagos and Brent Hansen,
509th CES

Bradley Kecker Jr, Jonathan Mabie and Steven Teteth,
509th LRS
Nicholas Downey,
509th MXS
Becky Jaimes,
509th OSS
Mycheal Davis, Steven Reffit and Saul Cardenas,
509th SFS



TECHNICAL SERGEANTS

Jason Raley,
509 Bomb Wing
Darrin Roschewski,
509th Civil Engineer Squadron
Christopher Nash,
509th CS
Martin Edrington,
509th Maintenance Group
John Frisbee and Mark Kolat,
509th MXS
Andrew Rapkin, Darius Steele and Melissa Sprague,
509th MUNS
Chau Bonk,
509th SFS



MASTER SERGEANTS

Kevin Lee,
509th AMXS
Linda Shirley,
509th LRS
David Shirley and Phillip Wagner,
509th MXS
Joseph Fyffe,
509th SFS



SENIOR MASTER SERGEANT

Mark Onken,
509th CES

Outstanding CDC end of course percents

Nine Airmen who earned outstanding career development course test results were recognized at a ceremony Monday at Mission's End. They are:

- 90 - Staff Sgt. Jimmy Hardwick,** 509th AMXS,
Staff Sgt. Lejade Menchavez, 509th BW;
Airman 1st Class Bradley Corvillon, 509th MXS; and
Airman Brennon Wilkerson, 509th SFS
- 91- Staff Sgt. Manuel Ybarra,** 509th CES
- 92 - Airman 1st Class Ryan Hughes** 509th AMXS
- 93 - Airman 1st Class Fernando Pantoja,** 509th AMXS
- 95 - Staff Sgt. James Veit ,** 509th CES
- 98 - Staff Sgt. Robert Lee,** 509th CS

AADD SAVES LIVES

The following Airmen Against Drunk Driving volunteers helped save 54 lives throughout the month of September:

Senior Airman Christina Blache, 509th Communications Squadron
2nd Lt. Jesse Breau, 393rd Bomb Squadron
Staff Sgt. Valerie DeVerney, 72nd Test and Evaluation Squadron
Airman 1st Class Jeri Helms, 509th Mission Support Squadron
Airman 1st Class Scott Helton, 509th Civil Engineer Squadron
Airman 1st Class Kerisha Jackson, 509th Operations Support Squadron
Maj. Pagerine Jackson, 509th Medical Support Squadron
Airman 1st Class Peter Koontz, 509th Logistics Readiness Squadron
Senior Airman Cendy Mascrier, 509th LRS
Senior Airman Anthony Muller, 509th CS
Brian Nash, 509th MDSS
2nd Lt. Mary Olsen, 509th Bomb Wing
Master Sgt. Linda Price, 442nd Medical Group
Tech. Sgt. Shannon Robbins, 509th MSS
Airman 1st Class Erin Saxsma, 509th LRS
Airman 1st Class Hazel Towns, 509th MSS
Airman 1st Class Andrew Young, 509th CS

To become a AADD volunteer or for a safe ride home if your plans fall through, call 687-RIDE or 888-516-0013

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 SWIVEL ROCKER Tufted back, padded arms, available in black, taupe, blue, orange & tan. Tough wearing velvet. 50" x 34" x 34" \$169 <small>Every Swivel Rocker Sale Price</small>	 LEATHER RECLINER Tufted Top Grain Leather by Gordon. 3 Way Recliner reclines in many, taupe or black. 30" x 34" x 34" \$399 <small>Every Recliner Sale Price</small>	 CASUAL CHAIR Durable woven fabric. 11" x 16" x 16". Bench, glider, port, ottoman, swivel, glider & more. 30" x 34" x 34" \$169 <small>Every Casual Chair Sale Price</small>
 RECLINING GLIDER & OTTOMAN Black metal frame in wine, taupe, taupe & black. Leatherette includes glider ottoman. 30" x 34" x 34" \$169 <small>Every Occasional Chair Sale Price</small>	 BERKLINE ROCKER RECLINER Swivel back rocker recliner in tough wearing taupe or black fabric. 30" x 34" x 34" \$299 <small>Every Recliner Sale Price</small>	 WOOD ROCKERS Solid hardwood arrow back. Solid on rocker. Oak finish. 30" x 34" x 34" \$99 <small>Every Wood Rocker Sale Price</small>

FREE CHAIR

with purchase of any sofa and love seat

 UPHOLSTERED GLIDER Plush tufted back, lush padded arms, leg glide mechanism in copper, taupe, goldtone & earth-tone colors. velvet. 30" x 34" x 34" \$219 <small>Every Upholstered Chair Sale Price</small>	 LIFT CHAIRS MED-LIFT Traditional tufted styling full power lift seat. 30" x 34" x 34" \$699 <small>Every Lift Chair Sale Price</small>	 GLIDER & OTTOMAN Casual styling wood frame, smooth glide mechanism on chair & ottoman. Choose from country blue or hunter green. 2 pc. set. 30" x 34" x 34" \$99 <small>Every Glider Sale Price</small>
 WING CHAIRS Queen Anne Style, Cherry Spinn Post, Leg Wing Chair. Choose from oiled burlwood, hick, tulipwood or forest fabric. 30" x 34" x 34" \$169 <small>Every Accent Chair Sale Price</small>	 BARSTOOLS White Calico Acroback Windsor Barstools with Natural Seats. Backed 24" or 30" \$79 <small>Every Barstool Sale Price</small>	 CHAIRS All Natural or Natural & White Windsor Chair - White Spindle Back & Legs Natural Solid Wood Seat. 30" x 34" x 34" \$29 <small>Every Metal, Wood or Castored Chair Sale Price</small>

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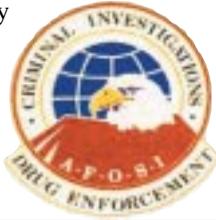
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Hours:
Mon-Fri 9-7
Sat 9-6
Sun 12-5

660-429-2264

Report illegal drug activity to Detachment 207, Air Force Office of Special Investigations by calling 687-1852 or the 509th Security Forces Squad-ron Law Enforcement desk at 687-3700 after duty hours.



Operation: special investigations cross train

Attention staff sergeant selects and above with electronics, communications or a computer background, the Air Force Office of Special Investigations is seeking new recruits for its technical services program.

The technical services program provides highly specialized investigative services supporting OSI investigations as well as providing professional investigative support to sensitive Air Force and Department of Defense programs. The mission in technical services is divided into two distinctly different areas.

Providing technical investigative support to OSI: This support is electronic surveillance support to OSI special agents conducting criminal and counterintelligence investigations. It can include covert video and audio surveillance, vehicle tracking, long range and low light photo surveillance, lock and alarm bypass, and wiretap or other esoteric surveillance techniques. Technical agents are also called upon to assist in protective service operations and counterintelligence activities.

Supporting the Air Force Technical Surveillance Counter-measures program: The TSCM program is a sensitive, classified service OSI provides to detect the presence of clandestine technical surveillance devices and to identify technical security vulnerabilities within DoD and other U.S. government facilities.

Qualified applicants selected for OSI duty as a technical specialist will spend four months at the Federal Law Enforcement Training Center in Glynco, Ga., where they receive training for duty as an OSI agent. After graduation, agents receive six months of on-the-job training and an additional five months is spent in residence at the basic technical agent course with technical agents from several other federal agencies. Additional training is required on a continual basis to maintain proficiencies and acquire new skills.

Working as a tech agent also affords many unique and

rewarding opportunities. Travel destinations abound in the career field. Short deployments across the United States and overseas give technical agents the chance to do and see things no other career field can offer.

Technical agents are multi-talented and fulfill many roles from hands-on fieldwork and working with federal, state and local law enforcement agencies to interfacing with senior military officers and corporate executives. Covert operations also require the ability to operate in diverse conditions and the ability to think on your feet.

OSI recruiters will be here Nov. 14-15. If you are an staff sergeant select or above with electronics, communications or computer background and this career interests you, call OSI at 687-4245.

You'll be scheduled for an interview with a senior tech agent to answer any additional questions you may have. For more information on OSI special duty assignments visit <http://public.afosi.amc.af.mil>.

(Note: While OSI duty is a special duty assignment, it is a permanent AFSC change, not a four-year controlled assignment.)



Destinations

Currently, OSI has eight composite detachment locations where technical agents are assigned as well as several unlisted specialty assignment locations.
Sembach Air Base, Germany
Andrews Air Force Base, Md.
Tyndall AFB, Fla.
Randolph AFB, Texas
Buckley AFB, Colo.
Travis AFB, Calif.
Yokota AB, Japan
Osan AB, Korea

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Combo
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w/ one side
Dine In Only

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Off
Carry-Out
Orders

Lord of Dog Town

Airman supports K-9 team in Iraq

By Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

ALI AIR BASE, Iraq — Ori had a couple of different handlers while his first one was off the job for a couple of years. But they're back together now and sniffing out trouble at one of the entry check points here.

Ori and his handler, Staff Sgt. Tyreese McAllister, 407th Expeditionary Security Forces Squadron, aren't the only K-9 team on base. On this day another team, Kevin [the dog] and Staff Sgt. Jake Bolton, also a 407th ESFS K-9 handler, were helping with the work. In addition, other K-9 teams were scattered around base checking off all kinds of security tasks.

Sergeant McAllister is deployed here from the 1st Security Forces Squadron, Langley Air Force Base, Va. Sergeant Bolton is deployed here from the 509th Security Forces Squadron, Whiteman Air Force Base, Mo. The dogs came from the same place as their handlers.

The K-9 teams assigned to the 407th ESFS are integral to securing the base and helping facilitate the successful coalition missions that are undertaken here.

Using K-9 teams security forces is able to add an irreplaceable dimension of security to the base. The trained handlers guide their dogs expertly around dozens of vehicles each day as both use their senses to communicate to the other.

The Airmen who handle the dogs rely on human training to lead the dogs to areas for inspection; the dogs use heightened and trained scent senses to complete the investigation and communicate any suspicions. The dialogue between handler and dog is unmistakable.

Sergeant Bolton has been with Kevin since May 2003 and has mixed feelings about his eventual return to duty at Whiteman.

"I should be sewing on (technical sergeant) when I get back. That means my K-9 duty will have to end," Sergeant Bolton said. Many security forces units transition K-9 handlers into positions with greater responsibility when they're promoted to E-6.

"But I've known people who'd rather pass up a promotion and stay with their dog," Sergeant McAllister said.

Sergeant Bolton doubts he would pass up promotion, in which case Kevin will go on to

work with another handler.

"[The dogs] deal with the changes pretty well," Sergeant McAllister said. "After a couple of weeks with a new handler — learning how they sound out commands — things are fine."

Ori had a few handlers while Sergeant McAllister was incapacitated, but the getting to know you again phase went smoothly.

"He acted a little funny at first, but within a couple of weeks it was as if we were never apart," Sergeant McAllister said.

Regardless of any time apart, the two move around a vehicle as if each is reading the others' mind.

K-9 dogs go to technical school at Lackland Air Force Base, Texas. Training lasts eight to 12 weeks (depending on the dog) according to Sergeants McAllister and Bolton, and then they train with their handler for a couple of weeks before the team is ready to work.

"You really develop a bond over time," Sergeant Bolton said of his K-9 experience.

Unfortunately, he doesn't have the option of taking Kevin with him if he loses his K-9 billet.

"The dogs work until they're 10 or 12, or until they just decide 'I don't want to work anymore,'" he said. The dogs transition to new handlers as Airmen move on or until they self-retire.

K-9 handlers have preference in the adoption process at the end of a dog's Air Force career.

So as the daily traffic flows onto Ali Base, Ori, Kevin and the other K-9s will keep doing their part to make sure missions can be undertaken successfully.

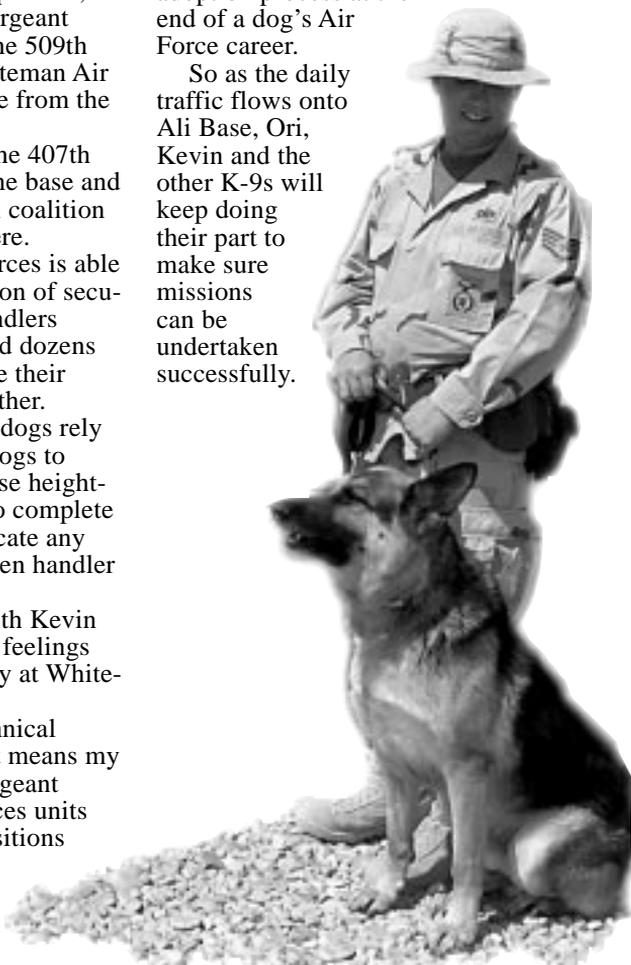


Photo by Tech. Sgt. Paul Dean

Staff Sgt. Jake Bolton and his military working dog, Kevin, stand guard at Ali Air Base Iraq. Sergeant Bolton is deployed from the 509th Security Forces Squadron.

Fire Prevention Week starts Sunday

Fire Prevention Week begins Sunday and runs through Oct. 15.

It has been sponsored by the National Fire Protection Association for the past 83 years.

FPW is the longest running annual public health and safety observance on record.

Its main intent is to raise public awareness of fire dangers and the simple prevention measures that should be practiced by all.

This year's theme is "use candles with care." Please take time this week to do some or all of the following:

- Do not leave burning candles unattended.
- Test the operation of all smoke and carbon monoxide detectors.
- Ensure that all family members know two ways out of your home.
- Have a meeting place outside of the home that all family members know.
- Practice a home fire drill at least two times a year.
- All members of your family must know to never go back inside of a burning building.
- Do not leave stoves unattended when cooking.

If you have any question or need further guidance on home fire safety issues, please call the Fire Prevention Office at 687-6080 or 687-6083.

The Fire Prevention Office has pamphlets and other information to help you make your home a fire safe

environment.

Fire Prevention Week schedule of events

Please note that some events and time may change. Please call 687-6080 or 687-6083 to check dates and times.

Monday

11 a.m.- 2 p.m.—display at the base exchange.

Tuesday

6:30-8 a.m.—Sparky the fire dog and Nozzle the Clown will be at the Spirit Gate.

6:30-8 a.m.—Smokey the Bear will be at the Arnold Gate.

10 a.m.-2 p.m.—A BX display.

Wednesday

10-10:15 a.m.—A fire drill at Whiteman Elementary.

11 a.m.-1 p.m.—Sparky and Smokey visit the dormitories.

11 a.m.-2 p.m.—A commissary display.

Thursday

9 a.m. and 1 p.m.—Engine #7, Smokey and Sparky visit the child development center.

2:30-3:30 p.m.—Fire extinguisher training at youth center.

Friday

8 a.m.-4 p.m.—Pick-up muster equipment.

9 a.m. and 1 p.m.—Engine #7, Smokey and Sparky visit the child development center.

9 a.m. and 1 p.m.—Poster coloring contest at the CDC.

Saturday

10 a.m.-noon—Fire truck vehicle display at the BX with Sparky and Smokey.

Noon-4 p.m.—Parade around base housing. Fire muster competition starts after parade in the entry control point two parking lot.

Fast Facts

■ The first National Fire Prevention day proclamation was issued by President Woodrow Wilson in 1920.

■ Fire Prevention Week is celebrated the week of Oct. 9 because the great Chicago fire that destroyed almost one-third of the homes in Chicago happened Oct. 8-9, 1871. The fire started Oct. 8 at 9 p.m. and burned for 27 hours destroying an area three-quarters of a mile wide and four miles long. This fire killed more than 250 people and 100,000 Chicagoans lost their homes.

CFC, from Page 1

For more information or questions, call your unit's CFC representative.

This year's unit CFC representatives are:

509th Mission Support Group
2nd Lt. Marianne Lawson

509th Communications Squadron—Senior Airman John Calvano

509th Civil Engineer Squadron—2nd Lt. Mike Maeder

509th Security Forces Squadron—2nd Lt. Chris Porta

509th Services Squadron—2nd Lt. Stephen Hodgson

509th Logistics Readiness Squadron—1st Lt. Nicholas Brant

509th Mission Support Squadron—2nd Lt. Matthew Gass

509th Contracting Squadron—1st Lt. Dave Morlock

509th Medical Group
Capt. Michell Long

509th Medical Operations Squadron—Master Sgt. Jeffery Callaway, Tech. Sgt. James Leonard, Staff Sgt. Yaneth Alvarez.

509th Medical Support Squadron—Staff Sgts. Richard Gilbert, Sunny Reed and Sonja Parks

509th Operations Group
Capt. Mike Belardo

13th Bomb Squadron—2nd Lt. Meghan Liemburg-Archer

393rd Bomb Squadron—Capt. Brian McKay

394th Combat Training Squadron—Capt. Mike Belardo

509th Operations Support Squadron—Tech. Sgt. Burk

Randy, Staff Sgt. Kirk Miles and Airman 1st Class Ron Lerch

509th Maintenance Group
1st Lt. Bruce Nester and
Master Sgt. Charles Sonnenberg

509th Maintenance Squadron—Master Sgt. Keith Rogacki

509th Aircraft Maintenance Squadron—Master Sgt. Anthony Scalf

509th Munitions Squadron—Staff Sgt. Craig Meyer

509th Maintenance Operations Squadron—2nd Lt. Jeremy Higbee and Staff Sgt. Ronald Eddy

509th Bomb Wing
2nd Lt. Justine Wells and
Tech. Sgt. Becky Rankin

509th Comptroller Squadron—Staff Sgt. Matthew Knowles and Senior Airman Cyd Garcia

Tenent Units

72nd Test and Evaluation Squadron—Master Sgt. Yolanda Newton, Tech. Sgt. Steven Mersky and Staff Sgt. Rachel Rumin-ski

442nd Fighter Wing—2nd Lt. Keith Yersak

MOANG-1st Lt. Nathan Smith

Det. 6, 372 TRS—Tech. Sgt. Timothy Bailey and Staff Sgt. Angeline Pierre

AFOSI Det. 207—Agent Rachel Phillips

Det. 5, 29 TSS—Senior Airman Amber Savage

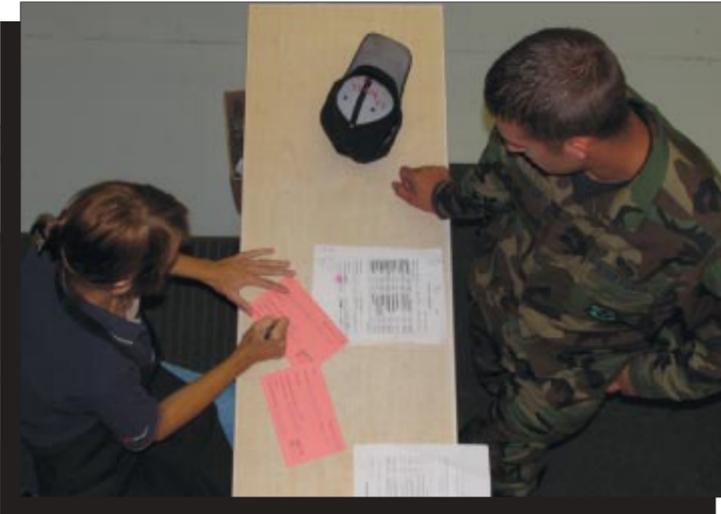
Det. 12, ACCTSS—Capt. Mike Belardo

Envision: providing more than supplies

FAST FACT
OCTOBER IS NATIONAL
DISABILITY EMPLOYMENT
AWARENESS MONTH



Terry Thompson, an Envision employee, uses a smart view visual aid device to scan an item number. Mrs. Thompson is one of many legally blind employees that work at one of the 16 Envision stores. Envision's mission is "To enhance the personal independence of individuals whose blindness or low vision, often accompanied by other disabilities, impacts their opportunities for employment, success and integration into community life."



Brenda Atteberry fills out an order form for Senior Airman TJ Feldhacker, 509th Civil Engineer Squadron. Envision now offers orders online at www.envisionexpress.com, and the turn around time for web orders generally takes up to two days.



Photos by Airman 1st Class Jason Burton
Linda Carter, an Envision employee, checks the availability of an item for a customer. Envision is located in the south end of Bldg. 139 off of Arnold Ave, and is open from 7:30 a.m.-4 p.m. For questions or customer service, call 687-4343.



Ed Lea, an Envision employee, stacks boxes of trash bags. These trash bags are one of many items Envision produces at their three manufacturing plants. Envision is Whiteman's primary local source for purchasing Javits-Wagner-O'Day items. JWOD items are made by blind or handicapped individuals. The JWOD Act mandates that government agencies buy JWOD items prior to purchasing from other sources.

AETC offers assignments, challenges, rewards

By Master Sgt. Warren Weakley

Whiteman Base Career Advisor

The Air Education and Training Command Special Duty Assignment Team is offering an opportunity to military members interested in becoming a recruiter, military training instructor, military training leader, technical training instructor, or professional military education instructor. The AETC team will host a briefing 8:30-10:30 a.m. Tuesday at the base theatre.

There are few jobs in the Air Force more challenging, satisfying, and rewarding than an AETC special duty assignment. The AETC SDA team invites airmen first class with at least 24 months time in service through master sergeants with less than 17 years total active federal military service to attend the briefing. Spouses of potential applicants are also invited. Members of the Recruiter Screening Team and the MTI Recruiting Team will conduct the briefing.

“Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. We are the first to touch the lives of our future airman,” said Master Sgt. Andrew Sites, NCOIC of the RST. “One of our best entitlements is the opportunity to choose your own recruiting assignment from more than 1,100 possible locations.”

“Everyone remembers their MTI,” said Master Sgt. Antoinette Williams, MTI RST superintendent. “The MTI sets the stage for each individual’s success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards for those who want to have a hand in molding our future Airmen. Besides these intangible benefits we also are entitled to SDA pay and an annual supplemental clothing allowance.”

The team can expedite the processing of an applicant’s special duty application if they bring a completed application to the briefing. To obtain a copy of the application, call Sergeant Weakley at 687-7829 (687-STAY).

Team Whiteman Community

Changes in women's health clinic

The 509th Medical Group's Women's Health Clinic is temporarily without a provider due to a PCS.

Contact your primary care manager for any women's health concerns.

If you have questions about this temporary absence of the Women's Health Clinic provider, call 1st Lt. Phillip Oliphant, 509th Medical Group Practice Manager, at 687-4288.

AADD seeks volunteers

Airmen Against Drunk Driving, a base organization that promotes safety, is looking for volunteers.

AADD is a basewide program that has

volunteers on 24/7 telephone standby for any Airman who feels he or she has had too much to drink and needs a ride home.

AADD's goal is to eliminate cases of driving under the influence and driving while intoxicated on Whiteman and in the surrounding community.

If you are interested or would like more information, contact 2nd Lt. Mary Olsen at 687-6121 or mary.olsen@whiteman.af.mil.

Caring Adults Special Kids meet

The Caring Adults Special Kids will meet Thursday at the Family Support Center from 6:30 -8 p.m. CASK is a support group for families with special-needs children. For more details, Call Jennifer Greenslit at 660-233-2493 or Delia Everett at 660-347-5260.

WOSC hosts auction

The Whiteman Officers' Spouses' Club is sponsoring an art auction on Oct. 21, at Mission's End.

Art previewing starts at 6 p.m. and the auction begins at 7 p.m. Proceeds benefit scholarships and charitable gifts. Tickets cost \$10 in advance (until Oct. 17) or \$15 at the door and include hors d'oeuvres and desserts.

Dress is duty uniform or civilian casual. For more information or tickets call Michelle Pepkowitz at 747-6725 or Bobbie Irmischer at 429-6578.

WESC hosts craft show

The Whiteman Enlisted Spouses' Club is looking for vendors for the fall craft show for Nov. 12.

Booths cost \$25 and space is limited. To register a vendor, or for more details, call Jenette Curtis at 233-3507 or e-mail craftshow2005@yahoo.com.

Food pantry needs donations

The Whiteman Food Pantry, located in the Family Support Center, needs dona-

tions. Donated items benefit Airmen and their families in need. Donations can be given anytime by placing food items in the collection bin permanently located in the commissary.

Family Support

Call 687-7132 for more details on these family support center activities. Events take place at the FSC.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

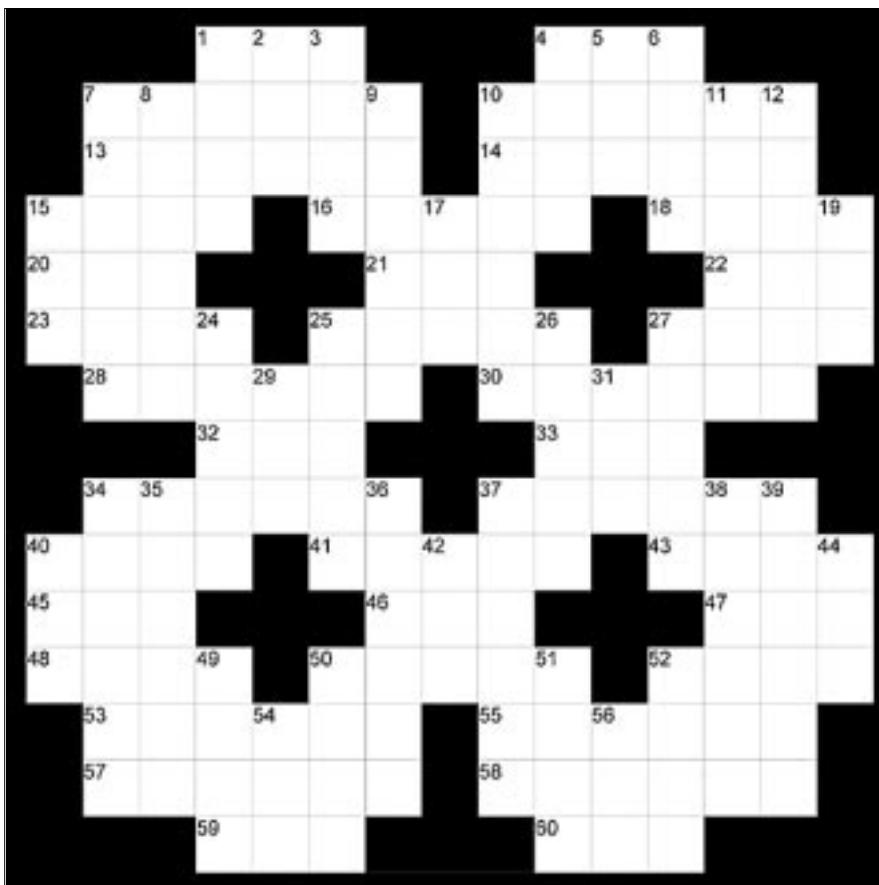
Hispanics in Uniform

By Capt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Southern state, in short
4. Mandible
7. Briefcase
10. Chests
13. Bickered
14. Cloister
15. Killer whale
16. Cognizant
18. Leg joint
20. Tiger Woods' org.
21. Model Carol
22. German city
23. Map maker ____-McNally
25. More parched
27. Prehistoric stone or metal tool; chisel, ax head
28. Burned
30. Cheerfully
32. Large tub
33. USAF restricted area badge grade category
34. Undercoat, in painting
37. Economize
40. Dry
41. Cowboy competition
43. BG ____ R. Esteves; first Puerto Rican West Point graduate
45. Gun the engine
46. Prohibit
47. Sen. counterpart
48. Civil War icon John Lincoln ____; Drummer

- Boy of Chickamauga
50. USA Capt. Euripides ____; Vietnam-era MoH recipient
52. Printing measurement
53. Eye parts
55. Passport
57. Hammer



58. Bar seats
59. Popeye's girl Olive
60. Approves, in short

DOWN

1. Aquatic, eukaryotic, photosynthetic organism
2. Charlie's Angels actress Lucy
3. On a ship
4. Pvt. ____ P. Martinez; first WWII Hispanic MoH recipient
5. Burn residue
6. Grind
7. USMC Maj. Jay R. ____, Jr.; Vietnam-era MoH recipient
8. Ancient
9. ____Hidalgo; first Hispanic SECNAV (1979)
10. Trade
11. Capt. ____ J. Fernandez; USAF aerial ace (14.5 kills-Korea)
12. Odorous



Answers for Sept. 30 crossword

15. USAF officer eval
17. Boxing legend
19. Medic, in short
24. Hispanic ____ G. Farragut; first Admiral of the U.S. Navy
25. Dissuade
26. USA Warrant Officer Louis R. ____; Vietnam-era MoH recipient
27. Courteous
29. Sign of Aries
31. Title for male officer
34. Early round, as in a tournament
35. Adm. Horacio ____; first Hispanic four-star USN admiral
36. Fit
37. Sequence
38. American writer Rukeyser; The Gates (1944)
39. Slices
40. Circle part
42. Clump
44. Health resort
49. Venus de ____
50. Fishing gear need
51. Atop
52. Experts
54. Cunning
56. Alaska town

Air Force introduces new youth fitness initiative

Air Force services is launching Fit Factor, a new youth fitness initiative that encourages physical activity, healthy eating selections, and rewards children and young adults ages 9-18 for their efforts.

Fit Factor will stimulate interest and awareness of the importance of healthy lifestyle choices and encourage youth to get up, get out and get fit.

The goal of the Fit Factor program is to encourage healthy choices and teach youth to value their lives.

Being healthy and fit will put youth in touch with their bodies, increase their self esteem and help them establish the desire to set personal goals.

The most important aspect of any exercise program is that it is fun. Fit Factor is an exciting web based program that will reward youth for being active and making healthy choices everyday.

According to the U.S. Surgeon General, Vice Admiral Richard M. Carmona, "As a society, we can no longer afford to make poor health choices such as being physically inactive and eating an unhealthy diet; these choices have led to a tremendous obesity epidemic."

Fit Factor encourages youth to be physically active for at least sixty minutes each day through a variety of activities. This program promotes

activities for every ability level and interest from star athlete to couch potato.

Fit Factor offers five exciting levels for youth to complete as they participate in any physical activity. The Fit Factor levels are: energy, strength, agility, adventure and endurance. Prizes will be awarded to youth as they accomplish each new level.

In addition to having fun, winning prizes and getting fit, Fit Factor will also encourage youth to:

- Be physically active for at least sixty minutes each day.

- Make healthy eating and lifestyle choices.

- Include friends and family participation in fun physical activities and games.

- Limit the amount of television and computer time they log each day.

- Adopt healthy exercise routines, including a broad range of physical and leisure-time activities.

It is important that we provide our youth the opportunity to be active everyday, teach them to make informed nutritional choices and encourage a healthy lifestyle at all times. The effects will last a lifetime. The Air Force service's program, Fit Factor, will play a major role in keeping our youth healthy and in shape.

Whiteman kicked off the program with the National Day of Play celebration on Oct. 1, along with Air Force bases worldwide. Youth sports participants, karate students, school-age program youth, 4-H Club members and others participating in active play opportunities will have the opportunity to log-in and get registered for this exciting program.

Youth will register into the Fit Factor system with assistance from youth programs staff. At home, the youth center or another accessible computer, youth will then use the honor system to log in time spent doing physical activities — up to 100 points a day can be logged.

Exciting incentives are available for achievement of different levels of fitness and will be awarded by youth programs staff.

In addition, youth become eligible for random incentive drawings each month that they participate.

For more information, call the youth center at 687-5586, or stop in during our registration time 6-8p.m. each Tuesday at the youth center or 3-5p.m. Oct. 18, at the Teen Center. One-on-one sign-up times can be accommodated by calling the youth center. (Courtesy of the youth programs office)

5K Run for Freedom Results

Men

Women

Fastest time:

Rod Williams, 18:38 Tricia Fleming, 25:34

Age 15-19

Jennifer West, 33:41

Age 20-24

Jared Struck, 22:26 Cassie Curtis, 44:26
Scott Helton, 26:36 Andrea Coombs, 44:28

Ages 25-29

Michael Adams, 32:22 Kathleen O'Neill, 34:52
Kris Baile, 25:52 Teresa Willson, 43:55

Ages 30-34

Glen Sasek, 23:05 Jocelyn Southerland,
Mike Hammers, 23:27 26:42
Vince Hess, 25:34 Kristy Hess, 26:50

Ages 35-39

Kelly Costa, 23:21 Cynthia West, 25:34
Scott Crist, 27:47

Ages 40-44

Stan Gustatson, 27:29 April Sanders, 28:08
Al Bender, 27:35 Mae Hartig, 30:48
Donald Peters 28:15 Tracy Kaeslin, 34:44

Ages 45-49

Rafael Gonzales 21:55
Dave Webb, 25:58

Ages 50-54

Paul Harrell, 31:44 Diane Gehrke, 25:28
Stan Stumantine,
35:22



Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Outdoor Recreation 687-5565

Katy trial bike ride

Finish the cycling season off with a 25-mile bike ride along the Katy trail from Rocheport to Hartsburg, Mo. Bring your bike, water, lunch and puncture repair kit. The trip leaves at 8 a.m. Saturday from outdoor recreation, returning by 5 p.m. The cost is \$7 for transportation, outdoor recreation will provide a bike and helmet for free if necessary.

Columbus Day closure

Outdoor recreation will be closed Monday for Columbus Day.

Fourth annual crappie tournament

The crappie tournament will be held 7:15 a.m.-3 p.m. Oct. 22 at Long Shoals, Truman Lake. There will be prizes for first, second and third place. Entry fee is \$25 per boat for either individual or two-person teams. Sign up at outdoor recreation by Oct. 17 or contact them for more details.

Fitness Center 687-5496

Play with the pros

Pick a National Football League team and earn points during your workouts to add to their weekly tally. The individual with the most points after The Super Bowl wins an NFL team jersey of their choice. Other NFL prizes will also be given out. See fitness center staff for rules and details.

Yoga class

Yoga is a great way to relax, strengthen and unwind mind and body. There is a free class at 6:10 p.m. every Tuesday at the fitness center.

Tickets and Travel 687-5643

Tickets and travel on the move

Tickets and travel has now relocated to the outdoor recreation facility.

Universal Studios Halloween Horror

Universal Studios, Orlando, Fla. is currently holding its annual Halloween Horror nights including haunted houses, terrifying rides and intense scare zones. Discounted tickets are available from Tickets and Travel but must be ordered in advance. Call or stop by for more details.

Mission's End

Food & Fun

687-4422

Live music at Mission's End

Get ready for country night at the club. Live music and dancing 8 p.m.-midnight Oct. 15 at Mission's End.

National Football League, Sunday Ticket

Mission's End will be showing all NFL Sunday Football games on ten plasma screens, 11a.m.-6 p.m. Free to club members.

Royal Oaks 687-5573

Not just for golfers

The new Royal Oaks club house offers a great new breakfast, lunch and dinner venue. Opening at 7 a.m. Duffer's Grill serves breakfast until 10 a.m. and hamburgers, sandwiches and hot-dogs to eat in or take out until 1p.m. There is also a snack bar for candy bars, drinks and other snacks. On Friday and Saturdays, 5-8p.m. the club house becomes a steak house with great steaks, prime rib and chicken.

Columbus Day tournament

The Columbus day tournament starts at 9 a.m. Saturday at the Royal Oaks golf course. The cost is \$20 plus cart and greens fee.

Stars and Strikes

687-5114

Sunday family dollar days

The Stars and Strikes is open 11 a.m.-4:30 p.m. Sundays for open bowling. Games and shoe rental are just \$1 each per bowler during these times.

Friday at 7 p.m. and Saturday at 1 p.m.		Sunday at 5 p.m.	
March of the Penguins Narrated by Morgan Freeman	PG-13	The 40-year old Virgin Starring Steve Carell and Catherine Keener	R
For current and future movie listings log on to http://www.aafes.com/ems/conus/whiteman.htm .		Adults: \$3.50 Children: \$1.75 Movie Recording Line: 687-5110 Movies subject to change due to availability.	

Community Activities

Arts and Crafts Center 687-5691

Pottery classes

The arts and crafts center has a pottery class starting 9-11 a.m. Oct. 15. The class is three sessions long and will concentrate on the basics of pottery. The class costs \$30 plus clay.

Scrapbooking sale

Drop into the arts and crafts center and check out the new decorative paper and albums. All scrapbooking items are 25 percent off during October.

Airman pumpkin carving

Airmen, 1st class and below, can enter their pumpkin creations in the arts and crafts center's Halloween competition. Judging will take place at 10 a.m. Oct. 28, carved pumpkins must be delivered by 5 p.m. the previous day. The entry fee is \$2. Prizes available for the winners.

Community Center 687-5617

Whiteman/CMSU chess challenge

Take up the challenge and pit your strategic brain against chess players from Whiteman and CMSU. The tournament starts 11 a.m. Saturday at the community center. The cost is \$5. Prizes for first and second place will be awarded.

Teen Center 687-5819

Open recreation

Looking for a place to chill or play a game with friends? The teen center has a pool table, fooseball, air hockey, movies, music, board games, a computer or just space to hang out with friends. Open recreation is available 3p.m.-closing, every Monday-Saturday, free to members, \$1 to nonmembers.

Club Tech

Join the teen center's newest club, Club Tech. The club offers the chance for teens to learn and practice website design, newsletter layouts and computer languages. These skills are becoming more and more important to employers so this is a good chance to get ahead of the competition. The club meets 5-6 p.m. Mondays during October.

Tailgate party

The teen center is going tailgating at Knob Noster high school in support of the football team 6-10 p.m. tonight and Oct. 21. There will be transportation for the first 13 teens to sign up.

Youth Center 687-5586

Corn maze and pumpkin patch trip

Pre-teen scene is taking a trip to Carolyn's Country cousins corn maze and pumpkin patch in Liberty, Mo, 10 a.m.-4 p.m. Saturday. Participants must attempt to navigate their way through the maze collecting card stamps as they go. Corn cops will be on patrol to ensure everyone remains safe. There will then be a hay ride to the pumpkin patch to select a pumpkin and also a chance to pet farm animals. The cost is \$3 for members and \$4 for nonmembers.

Kids' night out

Children ages 6-9 can get tropical with a jungle themed kids' night out 6:30-9:30 p.m. Oct. 14. There will be bingo, games, challenges and fun. Youth program staff will ensure that children take part in age appropriate activities. Sign up from Monday. The cost is \$6 for members and \$7.50 for nonmembers.

Worlds of fun Spooktacular

Pre-teen scene are going to get a fright at worlds of fun 10 a.m.-10 p.m. Oct. 15. Children ages 10-12 can come along for an evening of rollercoasters, rides, video games, shopping and shows. There are five extreme haunts such as Lore of the Vampire, Carnival of Clowns and Camp Gonnagitcha. The trip costs \$25 for members and \$30 for nonmembers. Sign up at the youth center.

Family Child Care 687-1180

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. The Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125 a week per qualifying child. Providers with chronic health problems are accepted.

Child Development Center 687-5588

Drop in care

The child development center can provide drop in child care for all ages on a space available basis for \$3 per hour.

Full-day care

There are several openings for full-day care for 3-5-year-olds at the child development center. Call or stop by for details.

Library 687-6217

Information and research assistance

Not finding what you're looking for? The base library offers professional assistance, whatever your project. Come in, call or email your question to library@whitemanafblibrary.org.

Library information system

Visit the library online to access electronic resources from the Air Force Library and Information System. The system has more than 70 online databases supporting the Air Force mission, professional and voluntary education and quality of life for the entire Whiteman community.

Veterinary Clinic 687-2667

Welcome Dr. Blevins

Whiteman veterinary clinic announces the addition of Dr. Donn Blevins to the staff. Dr. Blevins' arrival will enable the clinic to hold sessions on a weekly basis and make it more convenient for individuals who are PCSing and need health certificates. Appointments for minor sickness, nail trims, heartworm testing etc are available throughout the week. Vaccines and health certificates can only be done when the doctor is present.